

Repair Kit

I raised my voice. That was not
your fault. I am sorry.

Brain note: repair teaches the brain that
relationships survive conflict.

Repair Kit

My voice got big because I got
overwhelmed. You did not cause
that. I am sorry.

Brain note: kids copy the adults they watch
calm themselves down.

Repair Kit

I am sorry I said that. It was unkind.
Can we still play?

Brain note: a real apology lowers the other
child's stress response.

Repair Kit

I took the ball without asking. That was not fair. I will ask next time.

Brain note: naming the exact action helps the lesson stick, not the shame.

Repair Kit

I broke your tower. You worked hard on it. Can I help you rebuild it?

Brain note: helping fix it turns sorry into something the brain remembers.

Repair Kit

I called you a baby. That was mean. I like being with you.

Brain note: sibling conflict is practice; the repair is where skill grows.

Repair Kit

Thank you for saying sorry. I still
feel a little sad. I want to be
friends.

Brain note: feelings fade slower than words,
and that is normal.

Repair Kit

I hear you. I need a few minutes. I
will come find you when I am
ready.

Brain note: the stress response keeps running
after the argument ends.

Repair Kit

I forgive you. We are okay. Let's
start again.

Brain note: letting go of a grudge lowers the
body's stress load.

Repair Kit

I made a mistake. I fixed it. I am
still a good person.

Brain note: self-blame keeps the brain stuck;
self-kindness frees it.

Repair Kit

You are right. I got that wrong.
Thank you for telling me.

Brain note: adults who admit fault teach kids
that honesty is safe.

Repair Kit

I blamed you before I knew the
whole story. That was not fair. I am
sorry.

Brain note: being believed again restores a
child's sense of safety.

Repair Kit

I promised the park and I did not
come through. I am sorry that I let
you down.

Brain note: kids track promises closely;
naming the letdown protects trust.

Repair Kit

I broke my word. Saturday
morning, the park, just us. I am
writing it down now.

Brain note: a promise repaired and then kept
rebuilds trust fastest.

Repair Kit

We left you out. That must have
felt lonely. Come sit with us.

Brain note: exclusion activates the same brain
areas as physical pain.

Repair Kit

I said the game was full. That was
not true. Do you want to join us
now?

Brain note: owning the untrue part is what
makes a repair land.

Repair Kit

I told you something that was not true. Here is what really happened.

Brain note: kids lie to avoid trouble; calm makes truth the safer choice.

Repair Kit

Thank you for telling me the truth.
That took courage. Let's fix it
together.

Brain note: praising the truth wires honesty to
relief, not fear.

Repair Kit

I broke your cup. It was an
accident and it is still mine to fix.

Brain note: kids learn that intent and impact
are two different things.

Repair Kit

I knocked it over. I am sorry. Can I
help you clean it up?

Brain note: cleaning up gives the brain a way
out of guilt and into action.

Repair Kit

I meant that as a joke. It was not funny to you. I will not say it again.

Brain note: impact outweighs intent; a child's feelings are real data.

Repair Kit

I laughed at your drawing. That was
not kind. I really do like it.

Brain note: being laughed at makes kids stop
taking creative risks.

Repair Kit

I needed a break. I am back now.
Tell me what happened for you.

Brain note: coming back after a pause proves
a break is not abandonment.

Repair Kit

I am calm now. I am ready to talk
about the fight.

Brain note: the thinking brain returns only
once the body settles.

Repair Kit

Next time I feel that hot, I will step
outside before I speak.

Brain note: a specific plan gives the brain a
route for the next storm.

Repair Kit

Next time I am mad, I will use my
words instead of my hands.

Brain note: rehearsing the better move builds
the pathway before it is needed.

Repair Kit

I hurt your body. Bodies are not for hitting. What do you need from me?

Brain note: asking what they need hands back the control conflict took.

Repair Kit

I said you were lazy. That was not true and it was not kind. I am sorry.

Brain note: labels stick; calling a word untrue unhooks it from identity.

Repair Kit

You were talking and I was on my phone. You deserved my eyes. Tell me again.

Brain note: full attention signals safety;
divided attention reads as rejection.

Repair Kit

The consequence I gave was too big. I am changing it to something fair.

Brain note: fair adjustments teach fairness, not that rules bend.

Repair Kit

I corrected you in front of
everyone. I should have waited and
told you alone.

Brain note: shame in front of peers is hard to
shake; private repair helps.

Repair Kit

We both said things we did not mean. I will go first. Here is my part.

Brain note: someone has to step out of defense mode first.

Repair Kit

I was rude in class. I am sorry. I
would like to start today over.

Brain note: practicing repair with other adults
widens the skill.

Repair Kit

When you said that, it hurt me. I
want us to be okay. Can we fix it?

Brain note: naming a feeling out loud lowers
its intensity in the brain.

Repair Kit

It has been a few days. I still want
to talk about it. Is now a good
time?

Brain note: late repair still works; revisited
memories can be updated.

Repair Kit

You are not ready yet and that is okay. I will be here when you are.

Brain note: waiting without pressure shows
the bond is not conditional.

Repair Kit

My hard day came out at you. That
was not yours to carry. I am sorry.

Brain note: separating stress from the person
in front of you protects the bond.

Repair Kit

I changed the rule without telling you. That was confusing. Here is the rule.

Brain note: predictable rules help a child's brain relax.

Repair Kit

I cheated to win. That was not fair
to you. Do you want to play again?

Brain note: owning it protects the friendship
more than the win.

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Also try: Scripts That Land,
Friendship and Boundary Guides,
and Behavior Decoded.

Find every set at NextGenLearners.com.